



Nutrition Makes A Difference

- Serve three meals and two or three healthy snacks every day.
 - Less lead is absorbed when a child’s stomach is full.
- Use cold tap water for drinking and cooking.
 - Cold tap water can contain less lead than hot water.
 - Let tap water run for two minutes before using.
 - Prepare infant formula with cold water.

Serve Foods High in Iron, Vitamin C and Calcium

Foods High in Vitamin C

- Serve with Every Meal
 - Fruits: Oranges, Orange Juice, Grapefruit, Grapefruit Juice, Vitamin C-fortified Juices, Strawberries, Kiwi Fruit, Cantaloupe
 - Vegetables: Tomatoes, Tomato Juice, Green Pepper, Collards, Turnip Greens, Brussels Sprouts, Cabbage, Broccoli, Cauliflower

Foods High in Iron

- 3 to 4 Servings a Day
 - Grains: Iron-fortified Cereals, Whole Grain and Enriched Bread
 - Nuts and Legumes: Nuts, Peanut Butter, Dried Beans, Peas, Baked Beans and Refried Beans
 - Meat, Poultry and Fish: Beef, Pork, Veal, Deer, Poultry, Eggs, Canned Tuna, Canned Sardines, Clams, Oysters, Shrimp, Kidney, Heart, Gizzards and Liver
 - Fruit and Vegetables: Dried Peaches, Apricots, Pears, Spinach, Raisins, Prunes, Prune Juice, Lima Beans, Sweet Potato, Peas and Skin from Baked Potato

Foods High in Calcium

- 3 to 4 Servings a Day
 - Dairy: Milk, Yogurt, Cheese, Frozen Yogurt, Ice Cream
 - Foods made with Milk: Puddings, Cream Soups, Pancakes, Oatmeal
 - Green leafy vegetables: Collards, Spinach, Broccoli
 - Other: Canned Salmon with soft bones

South Carolina... Lead-Safe for Life.



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Women and Children’s Services

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What can I do to prevent lead poisoning?

- **Wash hands and faces often, especially before eating and after playing.**
 - Keep fingernails clean and trimmed.
- **Reduce lead sources in your home.**
 - Clean up paint chips and dust.
 - Look for “Lead Safe” or “No Lead Added” labels before buying vinyl miniblinds.
 - Don’t vacuum paint chips or dust. Wet wipe or wet mop dusty windows and floors.
- **Keep playtime safe.**
 - Play in grass-covered areas or a cleansandbox.
 - Wash toys and stuffed animals often.
 - Don’t let your child eat dirt or paint chips.
 - Don’t let your child put toys or small objects in his or her mouth.
 - Don’t let your child play with batteries or items used in hobbies such as stained glass or furniture refinishing.

Look Out For Lead

Finding Hidden Dangers in Your Home



- **Keep baby’s bottle and pacifier nipples clean.**
 - Wash the nipple whenever the bottle or pacifier falls onto the floor.
- **Store food in lead-free containers.**
 - Glass and plastic are safe containers for food storage.
 - Do not store food in open cans or ceramic dishes.
 - Do not store liquids in lead crystal.
- **Offer your child a healthy diet.**
 - Serve foods high in iron, calcium, and vitamin C.
 - Serve three meals and two or three healthy snacks daily.
- **Make an appointment with your doctor or local health department.**
- **Have your child tested for lead poisoning before age 2.**



You Can Prevent Lead Poisoning in Young Children.

Lead poisoning can be fatal. Do all you can to protect your child.

What are the sources of lead?

- Lead-based Paint
- Dust and Soil
- Some Vinyl Miniblinds
- Some Glazed Pottery
- Car Batteries
- Lead Fishing Weights
- Cosmetics such as Surma or Kohl
- Material for Refinishing Furniture
- Stained Glass Solder
- Water Pipes with Lead Solder
- Lead Ammunition for Hunting
- Traditional Medicines such as Greta, Azarcon and Pay-loo-ah

How does lead get into my child’s body?

Lead can enter the body in two ways:

- ① Chewing or eating something that contains lead; or
- ② Breathing dust that contains lead.





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